AUSTIN PRIMARY CARE PHYSICIANS

My Blood Pressure Log

Name_____

My Blood Pressure Goal _____ mm Hg

Instructions

- Measure your blood pressure twice a day—morning and late afternoon—at about the same times every day.
- For best results, sit comfortably with both feet on the floor for at least two minutes before taking a measurement.
- When you measure your blood pressure please consult your blood pressure device for arm positioning (position varies based on device being used)
- Record your blood pressure on this sheet and bring with you on your next visit to discuss with provider.

Blood Pressure references:

1. Normal- less than 120/80 (systolic/diastolic)
2. Target rate- Your BP goal discussed with your provider _____
3. Hypertensive crisis- over 180/110 (requires immediate care)

If Blood pressure is higher than 180/110 and you are not experiencing symptoms of chest pain, shortness of breath, back pain, numbness and/or weakness-Retake in 5 minutes, if reading is still at or above 180/110 Call hour office to be seen immediately or dial 911

Date	Time (a.m)	BP reading	Comments	Date	Time (p.m)	BP reading	Comments

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Created by Veronica C 3/10/17